Dear King County Employee,

The results are in and thanks to your participation more than 86% of benefits eligible employees and their spouses/domestic partners took the wellness assessment in January. This exceeds our expectations by 26 percentage points. This is a level of participation that has national experts stunned. Thanks to your participation we are on track to achieve our goals of improving long term health and cutting health care costs.

This is yet another example of how King County employees embrace change as we meet the challenge of fiscal pressures that demand that we do business differently. I am tremendously proud of our workforce and today even more so as I share this accomplishment with you. I am also grateful to our labor partners who have been integral to our success thus far. We are the first government in the country to launch a comprehensive benefits program that links financial incentives to wellness. You should feel good that again, King County is on the cutting edge of government efficiency and effectiveness.

Now it is time to enroll and participate in your individual action plans in order to achieve the gold out-of-pocket expense level. I am hearing from employees throughout the county that they are already working on their individual action plans. People are ready, willing and able to start making healthier choices and the Healthy Incentives℠ program is just the motivation they needed to get started. Getting healthy and staying healthy is a gift to our families and an investment in our future.

Exciting things are in store for 2006. Our outreach and education efforts will focus on eating smart and moving more. We will be providing the tools and resources you need to accomplish these goals in a way that works in your life. Read your Health Matters newsletter for the latest information and visit www.metrokc.gov/employees often for the resources and tools you need to eat smart and move more.

Congratulations on this tremendous accomplishment.

Sincerely,

Ron Sims
King County Executive